



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rehart, Herbert

Club: St. Pölten
Number: 112

Course: 100.00 km
Thüringen Ultra

Category:
Männer M55

Total time: 11:40:00

Speed: 8.57 km/h
Running performance: 7:00 min/km

Rank in course/Total: 48 (of 187)

Rank in course/Men: 45 (of 163)

Best time in course: 8:09:36

Rank in category: 2(of 15)

Best time in the category: 10:31:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	2:34:44	6:27	2	2:32	49	40:07	23.96	2:34:44	6:27	2	2:32	49	20:28
Floh-Seligenthal	26.92	2:55:10	6:30	2	7:25	55	51:56	50.88	5:29:54	6:29	2	9:57	49	3:54
Finsterbergen	24.12	3:29:36	8:41	10	57:51	101	1:24:32	75.00	8:59:30	7:11	2	1:07:48	46	2:54:42
Fröttstädt	24.83	2:40:30	6:27	2	1:04	15	48:45	100.00	11:40:00	7:00	2	1:08:52	49	4:22:15